# THE LONG GRIM BOOK OF THIN



# Paul D. E. Mitchell

"The true poet is all the time a visionary and whether with friends or not, as much alone as a man on his death bed." - W.B. Yeats.

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There, but for the grace of God (and a few convenient definitions), go I.

Paul D.E. Mitchell

A few years ago, in a church-run café, a dishevelled man carried on a fragmented but intelligent theological debate with invisible friends, angels or possibly demons while the waitresses, who obviously knew him as a harmless regular, came and went and served him tea and scones as his left hand doodled on napkins to leave his...

# Art of No

When the overcoat thinned and I envied the warmth within -God, I asked myself, am I turning into some kind of down-and-out messiah turning wine into tea and water into urine? do I hand down ten commandments through the clinking of fine bone-china cups and saucers at coffee mornings? I am the Christ of no direction!

When this subhuman sinned and I decried the man within -God, I asked myself, why did I dream of symphonies? evoking ghosts of desire harmonies to touch the dial when climbing the bed-sit walls crawling across the Bach-scored whitewash on the ceiling - and back down again while howling songs of no direction.

When this maniac grinned and I despised the sane within -God, I asked myself, why should I not court insanity? why should I be indifferent? this time, I'll tread the borders I'll leave the carpet pristine with all my knee-prints intact signposting paths of no direction. With this blood-poppy pinned, I disavowed the fear within -God, I asked myself, how can I not bear such inanity? the inner voice was speaking now: hail the unholy joy the hey ho hiatus of dropping in, dropping by, dropping out, dropping through: that's what his life's illusion etched on the stainless steel of tea-trays beneath cream-smeared china plates lies his art of no direction.

Insanity, lunacy, madness, derangement, craziness, dementia, hysteria is all down to definition and relative perspective where murder can be an act of solitary or mob madness - unless you're wearing a uniform - and applies to not just one fractured individual.

Any one of us could find ourselves debating life and the existence of God with invisible attendants yet he was polite to the staff and could obviously handle money as he paid for his endless tea and cake – maybe his only human contact for the entire shapeless day.

You think about risking violent rejection to talk to him but what could any of us say of more comfort than his invisible confessors?

Is there a pattern and divine design in all forms of conflict mental, and physical? Is Einstein's 'Signature of God' etched in the random scratches on stainless steel tea-trays? the finger-patterns drawn in the jam and cream remnants on plates left by lone strangers in tearooms? the bee-like waggle-dance of waitresses from table to table or the spiralling doodles left by diners 'sane' - or otherwise?

If you look carefully enough - you'll see the truth is out there and striding the streets at breakneck pace whilst screaming obscenities into mobile phones that don't work...

When you're deprived of sleep and riding the London Underground or even the Paris Metro, the rhythms of the journey seep into your subconscious. Imagine that you are observing a wealthy elderly man and a young woman whom we presume is his wife. They seem newly-wed, wealthy and expensively-dressed as they play tonsil-hockey in the carriage to averted eyes, sotto voce comments of 'gold digger' and the rhythm of the train-wheels as they rattle over rails and points approaching the station where the robotic tannoy announcements finally advise us all to...

#### MIND THE GAP

penile delinquent bull-bars akimbo senile devotion blond-headed bimbo the whole shooting-match is destined for limbo but I don't care.

> sex is infrequent makes her angrier renal corrosion he's pissing Niagara the hospital snatch gets him Viagra for he don't care he'll do it anywhere.

naked de minimis leaves her a-quiver drugs in his system making him shiver she will forgive him once he delivers for she don't care she'll do it anywhere as long as she gets an heir. prostate effusion heart-valve explosion spermal intrusion urethra corrosion lie in collusion die in devotion for they don't care they'll do it anywhere as long as they get an heir the Messiah she plans to bear.

> she won't mind the gap for that money-shot and covers the trap with forget-me-knot his drip-feed tap seeps noble rot as his heart impales on her exquisite blood-red finger-nails.



Over the last decade or so, poignant roadside shrines to crash fatalities have increased – often young men in fast and/or stolen cars but time passes, flowers and snapshots fade but what of the passengers and the poor dead bastards in the other car left...

#### Shrineless

On the roadside railings at a red map dot, black spot flowers duct-tape crucified black-rim faded snapshot shards strewn like confetti tyre-tracks signpost ending house-bricks uphold a cross from Sis, uncomprehending.

But the flowers are dead.

Car clips kerb and cartwheels at a roof flip whack, snap bone ejects concentric spirals debris of steel and stone apocalypse the windscreen diced glass kiss ascending into red dim bloody stars and Sis, uncomprehending.

But the flowers are dead.

Car hits rails and rends them for their cold catcalls of spineless his friends now pay the price sisterless and shrineless on screens of spark-lit darkness his life uncoils, unending then one last recollection of Sis, uncomprehending.

But the flowers are dead.

In the lost decade of the eighties, I was stuck on a God-forsaken roundabout near the M4 at three in the morning, blue-lipped in freezing rain. A driver slowed but his wife shouted, gesticulated and he accelerated away leaving me half-drowned and hate-filled...

#### Near Reading In The Rain

Your arse is stuck to hand-stitched leather as your car's high-tech insulation makes mincemeat of this wretch-filled weather but does it fulfil your every wish? this chrome boxed god of isolation that keeps you both life-glued together as passionless as mating fish.

I know my place from your dead-pan face near Reading in the rain.

I saw her gesticulating impatience when you slowed on some impulse to act I stood awed half-drowned in innocence when I saw her go mouth-ballistic: for God's sake, don't make eye contact and he shall fade from our existence as transient as statistics.

I view this scene through your wind-blown-screen near Reading in the rain.

I can just imagine her addled brains filled to the brim with press-folk-demons: I'm the hoodlum gurgling in her drains, the great unwashed in her Telegraphs who'll leave her plumply filled with semen and your Armani damp with bloody stains no, dear, don't stop for psychopaths!

I'm Jack-Frost fingered as this image lingered near Reading in the rain... All flashes of drunken remembrance over many years of drunken insights seem to fuse into one peculiar memory-gapped night. Drifting dazed over dozens of forms, the rhythm of oblivion-seekers finally fuse to their narrative cores so format and tempo temper the different ages of their long grim goodbyes. My God, it takes a long time to get the balance right when you're besotted by the...

#### **Neon-Pretty**

I should not be here, walking late in these neon-pretty twilight zones I can find no pulse insensate to resurrect my ghost soul bones I draw pentagrams that bind us as I seek my Ouija'd needs I do penance for my conscience and my unconscionable deeds.

I side-step the nitty-gritty and the Faustian flagstone gaps I OCD this fly-blown city avoiding pimp-slap Venus traps I make love to my long-dead ego amongst the meow-meow hoi polloi like a lounge-lizard Lothario penning poems for his joy-toy -

the well-fed, brain-dead, red-head, what-the-Hell Mary, the One with the miasma charisma and the ghastly mascara...

Her boyfriend was this dead-eyed dick with his sociopathic grins as sociable as a switch-blade click until the lithium citrate wins I ignored his mono-neurone drone and this chameleonic bore playing AC/DC phone ring-tones as he camouflaged the floor. The juke-box bawled throughout the night flying fingers on the air-fret board I was followed by my fans of light as I shimmied out under the door I was grabbed by my Hell-Mary hero this jumped-up jack-knife quiff where the IQ scale starts at zero as he screams in hieroglyph:

and scowls: I should not do this, and growls: I should not be here, and howls: I should not be who the fuck I think I am confusingly.

Thank God...

The auto-pilot kindly took me home but as we walked, we were stalked by splashed unfettered chrome, cruising symbols whose rolling tyres brushed percussive fills of no musical note.

We sang in chromatic harmony to the humming of the fridges, we drank ourselves insensible watching acrobatic midges

through the light-bulbed, sun-starved dregs of night and shadow-carved -

he said: the neon-pretty kids these days we just don't know where it's leading! I slipped slow and leaning sideways into oblivion's anonymity I think I grasped his meaning as red-eyed as no-entry signs and bleeding, blinded by the neon-pretty... This is a homage to the package holiday where the dud-dud-duh of the ancient, failing air conditioning keeps you sweltered and awake, the lethally live cooker hobs in 'self-catering' spits at you and you wake up to find a mosquito in your ear - and five million Arab hawkers on the patch of greasy, grey sand that was loosely labelled as a beach in the brochure. Then the sizzling obese groans of lobster-red Caucasian alcoholics remind you that....

#### Life's a Beach

The night declared herself finito in gentle words with missing vowels she built pyramids of dead mosquitoes beneath the whip of bathroom towels she stirred herself from beneath my bed with stiletto teeth and staccato growl she seized my thighs with talons spread and clawed goodbye like a hungry owl.

The sand declared itself attractive in gentle words with hissing vowels where my charity became inactive beneath sunshades where Arabs prowled they bombed in blankets my old redoubt with well-oiled smiles to match my scowls they pounced upon me with sweet trays out and depth-charged my poor Eurasian bowels.

I held the ocean within my arms but when I emerged from that cool embrace I fell for the moon-bellied mystic charms of an empty smile on a sculptured face as she slid her bed beneath my shade a lithe thonged goddess with feline grace she pounced as subtle as a hand grenade a sweet invader of my private space.

I thanked the stars for Mister Spangles pecs a-glisten with oiled attraction my siren soon worked out all his angles and smoothly put her plan in action at least she tried to drop me gently as she turned her mind to new distractions to trade his Lotus for my old Bentley and leave me stranded in emotional traction.

The sun bespoke its blistering arc in gentle words with a wit so dry I packed my bag, slithered through the dark to the blue ocean bar where the knots untie as my two new friends grappled in the dunes I told the barman that I would like to die as they yes - yes - yessed - beneath that Moon he said...

(oozing sympathy and pouring me something disturbingly green bristling with parasols and tasting vaguely of paraffin so that I needed a whisky chaser and the distracting clink of ice-cubes to eradicate the memory)

...life's a beach - and then you fry.



# LOVE NOTE

IF WORDS COULD KILL I WOULD SPEAK OF YOU IF THOUGHT COULD KILL I WOULD THINK OF YOU IF LOOKS COULD KILL I WOULD SEE YOU IF HATE COULD KILL I WOULD DESPISE YOU IF LOVE COULD KILL I WOULD LOVE YOU STILL IF TRUTH COULD KILL I WOULD TELL YOU ALL IF TRUST COULD KILL I WOULD HAVE DIED THE INSTANT YOU SAID YOU LOVED ME

Dearly Beloved, we are gathered together here in the sign of God – and in the face of this company – to join together this man and this woman in holy matrimony, which is commended to be honourable among all men; and therefore – is not by any – to be entered into unadvisedly or lightly – but reverently, discreetly, advisedly and solemnly. Into this holy estate these two persons present now come to be joined. If any person can show just cause why they may not be joined together – let them speak now or forever hold their peace. Marriage is the union of husband and wife in heart, body and mind. It is intended for their mutual joy – and for the help and comfort given on another in prosperity and adversity. But more importantly – it is a means through which a stable and loving environment may be attained. Through marriage, GROOM'S NAME and BRIDE'S NAME make a commitment together to face their disappointments – embrace their dreams – realize their hopes – and accept each other's failures. GROOM'S NAME and BRIDE'S NAME will promise one another to aspire to these ideals throughout their lives together – through mutual understanding – openness – and sensitivity to each other. We are here today –

### Death In A Drive By

What could be worse than being shot in a drive-by A block in the back of the head by a fly-by Talked half insane by some half-assed wise guy Getting stoned to death by a dread-locked I-and-I Blinded right and left by two fingers of red-eye Your heart lies in ruins after one bit-chin bye-bye A last supper microwaved ending up ionised Secrets are scattered in a death-rattle final sigh.

What could be worse than living dead as a beach-bum A hole in the head from a wise-cracking dum-dum To lose the will to live in a mind-numbing humdrum Drowning in whispers in a deep bowl of dim sum Becoming enslaved to two black bottles of white rum Lust-fuelled excuses when you know that you can't come That heart-felt apology when your feelings have gone numb You're just a dirty dish in a sink full of pond scum.

Love like a cheetah when your libido's on go-slow Your life story bombs when everybody's a no-show Like watching drying paint with the camera in slo-mo Discussing your philosophy with people you don't know Santa pays for threesomes with his slay-riding ho-ho Because you make your moves when the signal's a no-go You haven't got a clue on how to go with the flow, Joe There's more to confrontation than to sneak in a low blow.

Praying for salvation in empty dust-covered pews Searching crucifixions for the faintest of clues Starry-eyed and witless reading yesterday's news Rooms full of cent jars for that impossible cruise Another wingless bar-fly getting bug-eyed with booze Vomit and blood discolour your blue suede shoes That's what life is like when you're paying your dues You've got nothing but a future - and fuck-all to lose....

What could be worse? Death in a drive-by What could be worse? Death in a drive-by....

First published in 1999, this was one of the first poems I was moved to write for the grandfather I never met due to the heavy price paid by South Wales colliers - Stan Mitchell passed from being choirboy at Llandaff Cathedral to the Porth coal mines and an early death from emphysema. I saw grainy photos of the chest wards where huge bedside oxygen cylinders, black with white tops, resembled wimpled nuns spreading the Word of God like...

# **Hissing Missionaries**

The price crushes them their chests heave their breath coming less than it goes row upon row upon row, blue-lipped miners in hospital cradles.

Oxygen cylinders stand to attention by their beds like black-robed hissing missionaries hearing lungs confessing sins, betraying confidences.

Metal habits clink and ring like thin cathedral bells they call that faithful grey-faced flock and the nebuliser choir to one last critical mass with the hymn numbers clearly etched upon the plastics of their face-masks.



When you start experiencing severe colon pains, constipation and bloating and flatulence, you realise far too late that it is due to wheat (gluten) intolerance and the abomination of processed foods. Next you discover that the medical suffix 'opsy' is a prelude to such unpleasantness and pain that those immortal and comforting words swim into pertinent, if not ironic, focus. The references to John Steinbeck's great novel set during the Great Depression are, of course, entirely coincidental – it just happens that the book in many middle-class bathrooms just happens to be...

#### The Grapes of Wrath

The grapes of wrath are not a novel but piles that grace a wretched arse; whether palace-bred or raised in hovel, it makes one's life a bitter farce: the strongest-willed are forced to grovel and wait for things to come to pass...

with grinding teeth and buttocks clenched, thigh muscles tensed and abs drum-taut with reddened face and night-clothes drenched, our victim's strains have come to naught but for one small rabbit-pellet wrenched: bloody havoc on his anus wrought.

His poor crossed eyes have seen the glory of Steinbeck's angels in distress whose dry dust-bowls bred a bitter story: where Revelation's cruel winepress left an impasse red and gory with no plot-line twist to second-guess.

His fleets of books are toilet-moored, when he's squeezing out the vintage wherein the grapes of wrath are stored which he'll harvest in his dotage with terrible, slow and painful sword the fateful lightning of God's vast rage. Like route sixty-six, his sigmoid's jammed, the flatulence is fantastic: he's squatted, kegeled and then fibre-crammed, but irrigation proved too drastic so a last resort's up rectum rammed: magic bullets wrapped in plastic.

Now on his side our hero rests in a post-enema'd daze and dreams of suckling at Nurse Sharon's breasts as air along his colon plays endoscopies and biopsy tests as Nurse Sharon smiles that dreadful phrase:

"You may find this a little ... uncomfortable."



"I thought he was going to insert a picture of some bleeding haemorrhoids?"

# High-Rise, Dysfunctional

It's got to the stage when you don't feel dressed without a sweaty track-suit yet your running shoes are virgin-lolicon new.

there's a bottle on the table that you lean on being drunk by your Medusa wife whose very glance turns your heart and arteries to stone.

Yet it's you who works who pretends to run who cleans the flat and gags on the stale smell of alcohol, cheap Russian cigarettes and the snake-oil hair shampoo she uses for excuses.

Your only son sits dreaming, your only other son ran away; his eyes are dead, dilated, he's intensifying radiation in the houses down below watching the bourgeoisie as they flee beneath a sky Chernobyl-fallout grey.

Sternly, you tell him to leave the contaminated plutocrats exactly where they are ignorant in irradiated bliss, encased in bunkered dreams at twenty-five sieverts a brick. His mother's serpentine hair writhes in useless solace, he bites his lip but cannot speak but a drop of his hot young blood eloquently deflowers your virgin-running shoes.

I was a Cardiff Councillor for nearly 11.5 years and soon discovered that dysfunctional buildings and communities bred dysfunctional families and vice versa – a dreadful cycle that also spiralled down from generation to generation.

I met several men who would never blame themselves for the train-wrecks they'd made of their families. One surprised me with the classical reference about his wife, slumped in a chair with a glass of gin at ten in the morning: "She's like fucking Medusa, she just sits there while everything around her turns to fucking stone!"

Often, the men were also into porn and lounged about in shell-suits and sneakers like they were about to go jogging. Lolicon refers to that ghastly Japanese genre of manga paedophilia porn that infests the net and hints at what our charming heroes may have done to their children.

The radiation reference relates to expensive houses found to have high levels of radon.



If you have never had a severe asthma than imagine hovering on the verge of asphyxia where each shuddering inhalation is a stanza of choking fear that steals everything from you until nothing matters but the next breath. Try breathing in a little as you read each verse but don't exhale until you've experienced...

#### Asthma

I have no tongue I grind my teeth I cannot taste Your breath takes mine away. I have no faith I cross my heart I cannot pray Your breath takes mine away. I make no sound I close my ears I cannot hear Your breath takes mine away. I have no skin I'm out of touch I cannot feel Your breath takes mine away. I have no mind I have no thoughts I cannot think Your breath takes mine away. I have no heart I feel no loss I cannot love Your breath takes mine away. I have no air my lungs are void I cannot breathe Your death takes mine away.

From the late nineties, binge drinking has made UK city centres extremely dangerous on Friday and Saturday nights but even in the eighties (when Mecca was king of the Lycra-clad cattle-markets) whenever we busked we got hassled and threatened and forever told to play 'Stairway to Heaven' or else. Evenings were lucrative with sax, guitar, double bass but it all got too much with violent drunkards grabbing handfuls of change from sax cases so the band gave up and the streets got a little darker all because...

#### The Mob – It Disapproved

The street bit through my thin soul with well-worn cobbled teeth the pavement itched with eczema death's diaspora drunk beneath the half-crushed beer and cola cans half-chewed burgers, paper bags specked with vomit, blood and piss the excrement of bucks and slags.

Bottles cast by idle hands desecrate these closed church doors cats cry out with infant voice the offspring of the whores a man stands still with mobile phone screaming obscene Munch-like screams his hush-puppy hob-nailed boots crushing yet more urban dreams.

The sun has hawked its photon spit on the heads of Stoker's spawn now it's devilry in the revelry until the discharge of the dawn pissed down-and-outs in doorways seek the hooker's empty kiss they hardly feel the stranger's fist in their hedonistic bliss. They breathe in gas from manifolds they all sing like Satan's bards their hatreds sear the darkness fuelled by lust and credit cards see them dance with Mecca's corpses disco'd to the third degree as bacardi'd bromidrosis slowly brings them to their knees.

Then three men sang of Eden to the beat of satyr hooves but as they sang of paradise the mob - it disapproved until cash-tills all fall silent and the dark tsunami fades dawn sneaks in on Sunday lawns and upright, blood-stained blades.



We all know someone like this who's abused trust and love for no other reason than they can and that feeling of power they get - like those grotesque 'feeders' who stuff their morbidly obese prey until they're bedridden and dependent on them. Villanelles of villains are not easy but this was inspired by women who danced with others to make their submissive besotted partners jealous and one particular manipulator boasting in a pub about how he compared his wife's performance to that of his mistresses - to her face! He found the condemnation perplexing even *amusing*. You can't let them get one over on you, he said, it's all a game that you...

#### Slip, Into

Merciless, I watched you slip, into desperation True and subdued, but imbued, with madness in part I set your soul ablaze, with no consideration.

Emptiness, I'd see you fill, with each new sensation You synchronised, my metre, with your beating heart Merciless, I watched you slip, into desperation.

Tenderly, I'd see you burn, in cruel humiliation Dry as tinder, and sundered, you let arson start I set your soul ablaze, with no consideration.

Experienced, I'd see you fade, with my inspiration I chained heaven, my angel, I tore you apart Merciless, I watched you slip, into desperation.

Arrogant, I'd see you bleed, and seek no redemption I ground nitrate, mixed sulphur, with love's charcoal dart I set your soul ablaze, with no consideration.

Emotionless, I'd watch you drown, I'd found my satiation I threw ashes, all scattered, with my pointless art Merciless, I watched you slip, into desperation I'd set your soul ablaze, with no consideration.

# **Trillion Bright**

Another Dawn

splashed her rose-hazy rays over my Dickensian brick-work my chimney-spewing darkness smearing soot-black urchins' faces in the bedlam of my dreams her light revealing life to those who wish to see...



Blood-red and intensifying she came swift and silent, sighing my sulphured parchment-mists defying...

My night crowded into alley-ways as she swept the darkness from my tiles chased Jack through sleeping windows with her eviscerating knives she was one more quiet wonder lost to time and tired eyes and yet again her trillion bright messengers went unanswered....

Blood-red and relentless she pierced my last defences my sulphured parchment-mistress...

She asked the same old burning question setting fire to my blankets charring my sheets blinding me with her aura her white-hot corona.

Until one blue and hunting moon I eclipsed her.

# One of Those Towns

It wasn't easy to wake up with the midwife of all hangovers as my ceiling gave birth to all four walls which in union fused engaged the floor dilating to yield the carpet; which in frayed, stained contractions spawned the door.

My room was one big happy slowly rotating family except for the bastard window impregnating views, gestating one of those towns in-which-the-trains-never-seem-to-stop; an abortion beneath a placental sky.

A breakfast of ovaried eggs, epidural bread, umbilical bacon, and spermicide tea tempted the pillow off my face to spend my orphaned day infertile, pregnant pausing at my out-of-wedlocked window in one of those towns drowning in bromide... dreaming of trains....



A world full of a few haves and three billion have-nots, the vapour trails criss-cross the skies above the dead meat of dole queues where the porn and superhero comics for Orwell's proles is not enough and the dispossessed look up in anger at the...

#### Jetsam

Beneath the jet-set jetsam shock-troops goose-step strike a light finding kiosks full of corpses full of dead supermen a sky so full of clerks...

Above them, sky-light's breaking glass rains down on flotsam far off sky-line's shaking shock-waves goose-bump sonic booms and finding Pandora's box is open and the jet-stream genie's free.

Above them, breathless jetsam, champagne fluting, restless, chasing twilight westwards round the world and through their windows in the clouds the sunshine lingers just for them.

Flotsam shake their fists at their stratospheric trails they empty out the kiosks and find the phones all broken anger gathers new disciples speaks their thoughts unspoken thinks their thoughts uncensored as it points the path to power and deprived of hope and heroes they're taking out the tower...

# Fairground A

The wheel takes me up but how I love the sky expectant with its one red bleeding eye injured by horizons.

The wheel takes me down as evening stirs her sleep the eyes of night snap open she sees right through me like I'm just another ghost on the ghost-train ride.

The wheel takes me up I hang there breathing and catching my breath but the nets of salt-sea air are in short supply.

I look across town your town, my town, our town where a thousand lonely windows glitter cathode-blue through lace for the night is too young to draw the blind, to sketch the deaf, to ink the mind.

28

# **Fairground B**

and there! silhouetted against the moving stars of cars on roads behind my house, your house, our house and there, the bedroom where we touched, tangled and intertwined riding chariots of moist fire, oblivious to the wheeling of time, lulled by the poisons of such sweet fatigue until the night retreated trampling our scattered clothes, sulking beneath our bed, fidgeting impatiently, waiting envy-green in the wardrobe.

> The wheel takes me down as night boldly straddles the wall-of-death rider beguiling and smiling through the face-paint of the spectacularly unfunny clowns.

The wheel takes me up, up, up up into the arms of my seductress, bedecked with jewels, stacked with stars.